

# HOPE Chapter 4 Worksheet

\_\_\_\_/25

Answer items 1 through 5 by correctly completing each sentence with a word or phrase.

1. The seven questions used to determine readiness for physical activity are called the \_\_\_\_\_.
2. The two factors used to determine the heat index are \_\_\_\_\_.
3. The measure used to determine whether it is too cold to exercise is called the \_\_\_\_\_.
4. Symptoms of frostbite include \_\_\_\_\_.
5. Hot, dry, flushed skin; rapid pulse; and lack of sweating are symptoms of \_\_\_\_\_.

For items 6 through 10, as directed by your teacher, match each term in column 1 with the appropriate phrase in column 2.

- |                      |  |
|----------------------|--|
| 6. electrolytes      | a. inability to regulate blood sugar                             |
| 7. diabetes          | b. body composition measure                                      |
| 8. air quality index | c. minerals that help prevent heat injuries                      |
| 9. hypothermia       | d. extremely low body temperature                                |
| 10. BMI              | e. indicator that helps determine whether it is safe to exercise |

For items 11 through 15, as directed by your teacher, respond to each statement or question.

11. List and describe the three types of heat-related conditions.
  
  
  
  
  
  
  
  
  
  
12. What are the benefits of physical activity in preventing heart disease?
  
  
  
  
  
  
  
  
  
  
13. List and describe three hyperkinetic conditions.

# Hewitt Chapter 4 Worksheet Answers

**S Ashworth**



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